

What is the relationship between alcohol intake and bone health? (DGAC 2010)

Conclusion

Moderate evidence suggests a J-shaped association between alcohol consumption and incidence of hip fracture; there was a suggestion that heavy or binge drinking was detrimental to bone health.

Grade: Moderate

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What is the relationship between alcohol intake and bone health?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[What is the relationship between alcohol intake and bone health?](#)